

KEY MESSAGE CATEGORY #3

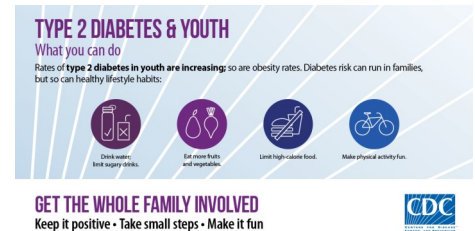
Diabetes Health = Nutrition

Optional Hashtags: #WDDWashington #DiabetesAwareness #PreventDiabetes
#LearnAboutDiabetes

1. Do you love cooking with your family around the holidays? Check out the @AmericanDiabetesAssociation Diabetes Food Hub for videos, recipes, meal planning resources, and more to make tasty meals your whole family will love! www.diabetesfoodhub.org
Download Image: [ADA Food Hub](#)



2. Diabetes risk can run in families, but so can healthy lifestyle habits! #WDDWashington #PreventDiabetes
<https://www.cdc.gov/diabetes/managing/index.html>
Download Image: [Type 2 Diabetes & Youth](#)



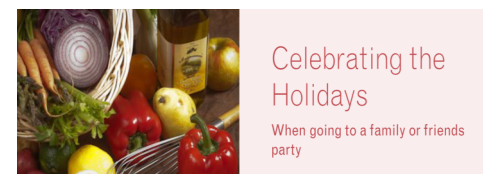
3. Do you have well-meaning family members who become the food police at the holidays (or are you that person yourself?) Check out this guide to navigating these tricky situations and keeping the family peace. #WDDWashington <https://bit.ly/2ONh25V>
Download Image: [Holiday Meal](#)



4. Being active & eating healthy can manage #diabetes and prevent #Type2DM. What's one change you can make for #WDDWashington? www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity
Download Image: [ADA Healthy Habits](#)



5. Healthy eating around the holidays can be a challenge, especially if you're eating away from home. Check out these tips from @NorthwestKidneyCenters for staying on track when you're at family or friends' houses! <https://bit.ly/2Eobv1C>
Download Image: [Celebrating the Holidays](#)



6. Thanksgiving is almost here, which means it's time to talk #turkey! Check out this document from @NorthwestKidneyCenters for info on buying and preparing a healthy turkey and tasty recipes too! <https://bit.ly/2QTFsly>
Download Image: [Let's Talk Turkey](#)

